

INTERMEDIATE BOYS

Floor Exercise

Dive Roll (8" mat)
Round-Off
Fly-Spring on Tumble Track
Front Handspring (off cheese mat)
Back-Handspring on Boulder
Round-Off, Back Jump Drill
Back Handspring (down cheese mat)

Vault

Up to Pit:
 Straight Jump
 Dive Roll
 Front Tuck
 Handstand Fall Flat
Front Tuck on Tumble Track
Front Tuck from Trapezoid

Pommel Horse

3-5 Circles on Mushroom
10 Bucket Circles
10 Armpit Circles
1/2 Circle on Mushroom Top

Parallel Bars

Hop Across Forward & Backward
5 Dips
5 Swings at Horizontal
3/4 Handstand Flank Dismount
Handstand Hold on Parallettes 3-5 seconds
Tap Swings to Back-Up Rise
Flank Dismount

Still Rings

Lever Hold
Layout Flip
Support for 5 seconds
"L" Support Hold, Drop to Inverted Pike
Muscle Up

High Bar

Under-Swing to 5 Tap Swings
Cast, BHC Under-Swing (between boxes)
3 Tap Swings, 1/2 Turn, 3 Tap Swings
3-5 Tap Swings, Flyaway Drop Drill

